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Dehydrated Honey Mustard Chicken with Rice for Backpacking

2 Tbs olive oil
1 medium yellow onion diced
1 red bell pepper diced
8 ounces mushrooms finely diced
6 cloves garlic finely diced
1 cup honey
1/2 cup dijon mustard
4 Tbs Balsamic vinegar
Salt and pepper to taste
2 cups chicken low sodium broth
1 cup white rice
3 12.5 ounce cans canned chicken meat (packed in water)

Heat olive oil in a large skillet. Sauté onion, bell pepper, and mushrooms until they begin to soften. Add garlic honey, dijon mustard and balsamic vinegar. Give it a all good mix. Reduce heat to low cover and simmer.

Boil 2 cups low sodium chicken broth. Add white rice. Reduce heat to simmer. Cook until the rice is tender and broth is absorbed, (about 20 minutes).

Add the cooked rice and the canned chicken meat to the skillet. Give it a good mix.

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Line your dehydrator trays with parchment paper. Distribute chicken and rice on the trays in a thin layer. Dehydrate at 160 Deg. F for about 6 hours. Using a spatula, flip the rice and chicken on the trays. Dehydrate for another 6 hours until chicken and rice is dry and crumbly.

Portion out the chicken and rice into 5 to 7 ounce portions depending on your preferences. Place each serving inside a protective barrier (I use brown paper lunch bags and parchment paper. Vacuum seal. Mark each vacuum sealed bag with the contents and date. Store in a freezer until needed. Portions should last 1 to 2 years.

To rehydrate, place the dehydrated chicken and rice in your cook pot. Add water to the level of the rice. Let it sit for 5 minutes. Bring to a boil and give it a good stir. Add additional water as needed. Place pot in a cozy for 10 to 15 minutes. Enjoy.